

The Best of "Times"

Available ONLINE at www.burbankca.gov

September/October

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**Joslyn Adult Center**

1301 West Olive Avenue
Burbank, CA 91506
818.238.5353
Monday - Friday
8:00 am - 8:00 pm
Saturday
9:00 am - 4:00 pm
Sunday
10:00 am-4:00 pm

Information Desk

818.238.5353

Nutrition Office

818.238.5357

RSVP Office

818.238.5370

Transportation

818.238.5360

McCambridge Park

1515 Glenoaks
818.238.5365

Don Tuttle Senior Center

1731 North Ontario
818.238.5367

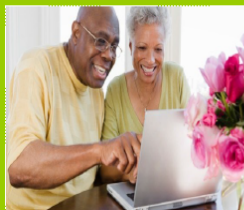


LOS ANGELES COUNTY

CONSUMER & BUSINESS AFFAIRS

SUPERVISOR MICHAEL D. ANTONOVICH
INVITES YOU TO A

Smarter Senior Forum



FREE

Opportunity
Prize Drawing
(must be present)

Friday, October 16th, 2015
9:30 a.m. - 11:00 a.m.

Burbank Joslyn Adult Center
1301 W. Olive Ave.
Burbank, CA 91506

Please RSVP to Joslyn Center at (818) 238-5353



County of Los Angeles
Department of Community
and Senior Services



Department of Housing
and Urban Development



Valuing People
and Property

Listen To Great Presentations On:

- Spotting and Avoiding Common Consumer Scams
- Property Tax Savings Programs & Senior Citizen's Replacement Dwelling Benefit
- Home Equity Conversion Mortgages (Reverse Mortgages)
- Recognizing Signs of Physical, Emotional and Financial Elder Abuse

dcba.lacounty.gov

Information: Alex Rodriguez 213-974-9969

Funded by a grant from the County of Los Angeles Department of Community & Senior Services



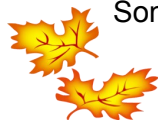
SEPTEMBER BIRTHDAYS

Wayne Anderson
Steve Arnold
Salvador Bastida
Marcelle Lina Bergeron
Sally Blowitz
Jan Brandt
Lucy E. Brown
Diana Burke
Dorinda Carey
David Coulter
Leonie De Sielvie
Joanne Drager
Sondra Elwell

Mary Lou George
Eric Hansen
Steinar Jensson
Richard Johnson
Suzanne Johnson
Armineh Koundakjian
Rich Krannes
Irene Kunze
Dottie Lamacchia
Jackie Light
Katherine Little
Dolores Lopez
Barbara Marks

Jane Mulder
Katherine Ogden
Frances Peebles
Claudette Peiris
Eva Renkei
Sandra Ryan
Paul Sanguesa
Karen Sartoris
Peg Setti
Roger Seward
Frances Shrock
Wayne Stinson
Gary Sutliff

Stephen Synoski
Joan Tappan
Janice Tori
Barbara Trincherro
Lynn Turner
Carol Valente
Margaret Vandenberg
Jan Waterfield
Margarita Weiss
Julia Welch
Fay Whitman



OCTOBER BIRTHDAYS

Charlotte Abel
Seda Antonian
Andy Asadorian
Diane Austin
Inge Avanessian
Barbara Bartman
Cynthia Benveniste
Edward W. Beutler
Toni Bowker
Lillian Bucell
Jacqueline Campbell
Terry Campbell
Joanne Cesta
Louise Cummings
Catherine De Nick
Marilyn Domenico
Roger Duncan

Nid Ee - Siriporn
Lorraine D. Faiola
Kathleen Field
Dave Filson
Allan Fox
Merry Franzen
Maya Galutza
Manik Ghotanian
Audrey Goddard
Maria Gonzalez
Mary Granger
Jane Harrison
Patricia Ann Harrold
John Houghton
Donna Mahoney
Ramiro Martinez
Charles McDonald

Judith K. McDowell
Jeffrey K. McLeod
Mary Melkom
Judith Miller
Luisa Monsibay
Thelma Moreno
Joan Moseley
Deborah Muellner
Nanci Nadimi
Dora Navarro
Betty Negri
Fay Pena
Tom Petrique
Donald A. Rash
Julia Richardson
Randy Romero
Kay Samuelson

Betty Santoro
Humberto Sauri
Janice Seaman
Kathleen Siltamaki
Robert Struble
Gary Swinhart
Angelina Synoski
Maria Elena Tappan
Steve Urbanovich
Ronald Van Der Werff
Joy Wu
Theresa Yoon



WELCOME NEW RSVP VOLUNTEERS!

Angie Accardi
Buddy Castle
Debbie Fleiner
Mary Beth Kile

Paul Manning
William McCary
Mary Nelson
Mark Nudleman

Janice Rome
Ted Schonlaw
Mark Sobel
Susan C. Chong



+ = Additional fee **Our Community Events & Information** ☒ = Sign Up Required 818.238.5353

Friends of the Burbank Public Library

Celebrates 35 Years:

You're invited to a birthday party! Join us on **Saturday, September 26 1:00-5:00 pm** at **Buena Vista Branch Library** for an afternoon of family fun starting with a comedy/magic performance by Joel Ward at 1:30 PM.

A light Chocolate Decadence Buffet will be offered at 3:00 PM, immediately followed by a book talk by mystery author Daryl Wood Gerber. For more information -Call us at **818.238.5562**



Colony Theatre Benefit for 2015 Cardholders!

555 N. Third St. Burbank 818.558.7000

Call the above phone number **2 weeks prior** to performance date to request two free tickets to selected preview performances below (seating on a limited basis).

Upcoming performances:

"The Best of Enemies": September 16, 17, & 18 at 8 pm and Sunday, September 20 at 2:00 pm.

"Humble Boy": November 4, 5 & 6 at 8:00 pm and Sunday, November 8 at 2:00 pm.

Providence St. Joseph Medical Center Guild's

Annual Fall Card Party!

Wednesday, October 7, 2015

10:30-3:00 pm



Lakeside Golf Club

Questions Call: Kathleen Marsden @ 818.842.9091

Admission: \$40

Reservations Required by September 23, 2015



Garage Sale "Permit-Free Weekend"—The City of Burbank's License and Code Department is once again offering residents a permit-free weekend for yard sales on **October 10 and 11.**

The Burbank Public Library will be holding their annual **Fall Book Sale** in the auditorium of the **Central Library** during the week of **October 26-31, 2015.** Find a treasure and help support our Library!

Call 818.238.5562 for more information.

SAVE THE DATE!

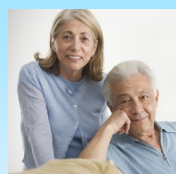
FLU SHOT CLINIC – at Joslyn Center

(There will be no Health Fair this year)

9:00 A.M. –11:00 A.M.

WEDNESDAY, NOVEMBER 4, 2015

Priority numbers will be distributed beginning at 8 a.m.



Are You Ready for Medicare?

Free seminar sponsored by the Center for Healthcare Rights

Medicare Advantage (HMO Plans) and Part D (Drug Benefits)

{We will be combining the September cancelled programming with this lecture}

Monday, November 16, 1:00 pm

REMEMBER TO SCAN YOUR BSAC CARD BEFORE EACH ACTIVITY AT JOSLYN AND TUTTLE CENTERS!

+ = Additional fee

Joslyn Special Events & Program

☒ = Sign Up/RSVP
Required

Welcome to the Joslyn Adult Center

JOSLYN CENTER HOURS

MONDAY-FRIDAY, 8:00 AM-8:00 PM

SATURDAY 9:00 AM-4:00 PM

SUNDAY, 10:00 AM-4:00 PM

818.238.5353

Travel/Recreation Office

Open Monday-Friday

9:00-11:00 am & 12:00-2:00 pm,

Programs for those 55 and over. For information about ongoing weekly and monthly activities, please see the respective flyers available at the Joslyn Information Desk or Tuttle Center.

Notes: ☒ = Sign-up required + = Additional fee*
(*most activities are \$2.00 but are free with BSAC card).

☒ To sign up or RSVP for a class or seminar,
please contact the front Info Desk or call
818.238.5353

Fitness

Zumba Gold:—Saturdays, 1:30 pm: Join in the fun in this low-impact, easy to follow, Latin-inspired dance fitness class! Fee is \$5 (\$3 with BSAC).

Chair Yoga Tonic:—Will continue through October; Tuesdays at 2:30 pm. Have fun improving balance and flexibility in a comfortable communal setting with RSVP volunteer Gail Portrey. Admission is \$2 (free with BSAC).

Health Information & Services

Memory Class:—Every 1st & 3rd Wednesday, 9:30am-10:30am. Kimberly Mitchell of "Tutor Doctor" presents innovative ways to help reduce the onslaught of age-related cognitive delay. Sponsored by **Burbank Senior Apartments** of Cusumano Real Estate Group. Cost is \$5 per session (free with BSAC).

Women's Health Education: Muscles and Bones-Keeping Strong for a Healthy Life—Wednesday, September 9 at 2:00 pm: Charleen Gosling, Certified Personal Trainer and Holistic Nutritionist discusses the importance of activity and nutrition in keeping our body strong. Admission is \$2 (free with BSAC). RSVP required. ☒

Parkinson's Support Group—Every 2nd Wednesday of the month at 12:30 pm: Speaker for September 9: Dennis Cante -'Dance and Exercise'. **Speaker for October 14:** Dr. Michael Marvi-Movement Disorders and Parkinson's.

Natural Ways to Fix Irritable Bowel Problems-Wednesday, September 16, 1:00 pm: Dr. Charlene Thorburn, Doctor of Chiropractic, Orthopedist and Registered Nurse will discuss solutions to heal the bowel so the problem is resolved, not just covered up or cut up! Come hear about the natural options that will make you feel better! Admission is \$2 (free with BSAC). Please RSVP. ☒

Healthier Living "A Matter of Balance"—Mondays, October 5 to November 23, 9:30-11:30 am. This **8-week** class will demonstrate to participants how to: **1)** View falls as controllable; **2)** Set goals for increasing activity; **3)** Make changes to reduce fall risk at home and; **4)** Exercise to increase strength and balance. Admission is free. **Limited enrollment.** RSVP required. ☒

Diabetes Self-Management Workshop:—Tuesdays, October 6-November 10, 2:00-4:00 pm: This is a **6-week** workshop that will cover techniques to deal with fatigue, pain, isolation, and communicating effectively with family, friends & health professionals. Presented by HSAG and *Glendale Adventist Medical Center*. Admission is free. To sign up, call our information desk @ 818.238.5353. **Limited enrollment.**



Healthy Cooking and Eating Classes:—Friday, October 9, at 9:30 am: Designed by a nutritionist and expert chef. Features a nutrition lecture and live cooking demonstration. Sponsored by **Regal/Lakeside Medical Group**. Admission is \$2 (free with BSAC). RSVP required. ☒



+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up/RSVP
Required



Health-Talks with Providence Health & Services of Southern California—

Tuesday, October 13, @ 2:00 pm:

Our **October** talk will discuss—"Knowing the Signs of Stroke". Admission is \$2. (free with BSAC). RSVP required. ☑

☑ **To sign up or RSVP for a class or seminar, contact the front Info Desk or call 818.238.5353**

Cards, Dance & Music Programs

Joslyn Piano Lounge with Terry Lupton—Monday, September 14 and October 12. Thus, every **2nd Monday of the month, 10:00-11:15 am:** Join him as he entertains us with songs from the American song book. Admission is \$2 (free with BSAC).

Larry Gillespie and the Burbank Big Band—The band rehearses here **every 2nd Monday** of the month, **September 14 and October 12** from **1:00-3:00pm.** Come listen and/or dance to 2 hours of live Big Band and Jazz numbers. Admission is \$2 (free with BSAC).

B&B Square Dance Class—Starts Wednesday, September 16, 6:45 pm—The Glendale Bachelors 'N' Bachelorettes invite you to the opening night of our beginner square dance class. Our motto is "FUN, FITNESS and FRIENDSHIP!" They say one night of square dancing is as good as 3 miles of jogging. I say OK on the 3 miles, but dancing is a lot more fun! Cost is \$8 per session (\$6 with BSAC). +



Percussion Group—Mondays, 4:00-5:00 pm. "Rejuvenating Rhythms" presents a new way to promote the physical, mental, and emotional health of older adults through music. No experience is necessary to learn

how to play various percussion instruments. Cost is \$2 per session (free with BSAC).

Basic I Beginner Bridge—First Class starts **Thursday, September 24, from 9:00 -11:00 am:** Course fee for this 12-week class is \$20 (\$10 with BSAC). ☑+

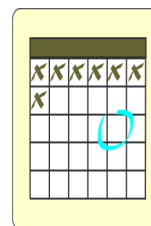
Special Programs

Poetry Club—First Class starts Wednesday, September 16, 2:00 pm: Come meet Minerva in this 4-week class. A "PROFESSIONAL POET", whom will allow you the opportunity to read, write and listen to poetry. Participants should bring pencil, paper or notebook and the desire to indulge in the world of poetry. Admission is free. RSVP required. ☑



Classic Movies with James Metropole—**Every 4th Friday, 1:00pm:** For September 25— "Mr. 880." For October 23— "TBA"

Get Organized! Tuesday, September 29, 11:15 am: There is more than one kind of "getting organized." Sometimes it's the "stuff" we've accumulated in life, and sometimes it's just your life that needs a little help. Both will be covered in this 4 week class. Presented by **Phyl Fletcher.** Course fee is \$10 (\$5 with BSAC) ☑+



How to Fall in Love (with a Pet)



Without Commitment!—Friday, October 23, 1:00 pm: The Seniors for Seniors Foster Care presents this program on **pet fostering.** Learn about the Animal Protectorates; how to be a pet foster parent, how to volunteer at "Operation Adopt" and much more. Admission is \$2 (free with BSAC). Please RSVP to (818) 238-5353. ☑

A French Class (Conversational)—"LE CERCLE FRANCAIS"—Wednesdays, October 28 –December 2, 1:00 pm: Learn French the delectable way with Monique T. Miller. She will take you on a linguistic and culinary journey of all things French. Course fee is \$10 (\$5 with BSAC). RSVP required. ☑



"Adventures with Doug": Surprise Canyon—**Wednesday, October 21, 1:00 pm:** In 1872, three outlaws on the run rode up 'Surprise Canyon' and took refuge high up in the Panamint Mountains. This beautiful and mysterious canyon is still filled with many surprises that gave it its name. Join us for our slide show of what it was like in the Wild West. Admission is \$2 (free with BSAC). ☑+

+ = Additional fee

Joslyn Special Events & Programs

☑ = Sign Up/RSVP
Required

Special Programs Continued;

The Family Service Agency of Burbank—New weekly group to begin Tuesdays in October-

(Date to Be Announced).

We are starting a new weekly ongoing group that focuses on the challenges facing older adults. Topics will include transitions, loss and grief, coping skills, loneliness, and psycho education. We will use not only talk therapy, but art, music, movement, dance, and games to create an engaging and therapeutic experience that is tailored to the needs of each participant. Facilitators include Ryan Varon, MFT intern, and Rosy Parsons, MFT trainee. Special thanks to the Family Service Agency of Burbank for sponsoring and supporting this program. ☑+

Travel

Fall Day Trip Registration for **October, November and December 2015 trips** begins on **Monday, September 21**. Note: Numbers will be given out beginning at 8:00 a.m. Trips leave from the Joslyn Adult Center. For more information, pick up a brochure or contact the Joslyn Travel Office. ☑+

Upcoming Day Trips:

Aquarium of the Pacific—Monday, October 5 — \$31

Oktoberfest in Big Bear—Sunday, October 18 — \$74

Please see Brochure for additional trips!

Tuttle Adult Center

Enjoy the following event and other activities available at the Tuttle Center, located at 1731 Ontario, 818.238.5367.
See our "Tuttle Tales" calendar for more info.

Financial Elder Abuse Prevention Workshop with Sara J. Lee ESQ-Attorney at Law:—Thursday, October 22, 9:45-11:00 am: The lecture is entitled: "Preserve Your Independence/Protect your Assets". The purpose of this workshop is to provide preventive information about the potential dangers regarding financial elder abuse. Admission is free. To sign up, or call the information desk @ 818.238.5367.

Computer/Technology Classes

(A Burbank Library card with internet access is required to use our Cyber Café computers)



Call 818.238.5353 for information or to sign up for next start date.

Basic Computer Class—Tuesday, September 29: Learn the basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Monday, 9:30-11:00 am** Course fee is \$20 (\$10 with BSAC). ☑+

iPad Class—Thursdays, 9:30 am - (date TBA): Learn the basics of the iPad in this 4-week course. Prior to class, you must complete an Assessment in the Computer Lab on any **Thursdays 9:30-11:00 am** and bring your own fully-charged device to class. Course fee is \$20 (\$10 with BSAC). ☑+



Tech-Time—Need computer help? New to Facebook? Maybe you received a new gadget (phone, iPad, digital camera, etc.) and you need help operating or programming it? Call us to set up a **one-hour appointment** with someone who can help! Session is \$5 (\$2 with current BSAC card). ☑+



BSAC SCANNERS OF THE MONTH

Current scanners selected to receive
2 AMC tickets or a handmade scarf:

July

Janet Johnson and
Allan Halligan

August

Johna Madigan and
Sonia Parker



Congratulations to the following RSVP Volunteers!

Each has won \$25.00 for turning in their timesheets by the 10th of the month for the past 3 months!

Guadalupe Aguirre
Ruth Sandra Coyne
Natalie Wells

Lydia Thomas
Roxanne Suh
Helen Manning



DID YOU KNOW?

Celebrate LIFE at your local Adult Center!

The City of Burbank Parks and Recreation Department takes pride and has made great strides in programs offered for all ages in our community. The Senior Services section staff operates The Joslyn Adult Center, The Tuttle Adult Center and McCambridge nutrition program.

September is **National Senior Center Month** and the theme for this year is celebrating **LIFE**:

Learning-Expand your knowledge

Independence-Live on your terms

Friends-Enjoy life, laughter, and feeling connected

Energy-Discover health and vitality

Programs and Services in Burbank Centers for those 55 years and over are developed and created for you. Burbank RSVP Volunteers take leadership roles in most of our Centers programs. Educational, Fitness, Crafts, Cards, Dance, Computer, Music and opportunities to meet with supportive non-profits are offered on a weekly or monthly basis. Sign-up to volunteer at a community non-profit, or join us on a Monday through Friday for lunch! Please tell your friends and neighbors about our Centers and opportunities. We are a support to people who want to age in place and learn how to do so. Friendships and fun abounds- Stay active, engaged and more- **Celebrate LIFE!**

Why Do I Enjoy coming to the Joslyn and Tuttle Centers!

Throughout the year we often hear from center participants on positive experiences or opportunities they have had by participating in a program or activity offered through the Burbank Adult Centers.

Center staff thought it would be a great idea to get feedback from you-and put together a binder on letters, e-mails or stories on why you enjoy coming to our sites and what programs you participate in including experiences you've had. We know and see friendships made-and those personal moments are great to share as well. We will present your written comments to our administration and others within the City of Burbank.

Please drop them off to the Tuttle or Joslyn Center front desks or e-mail them to me—**Gayle Migden** gmigden@burbankca.gov. We would like these to be turned in by September 30th, 2015.

Thanks for being a part of our community. **Celebrate LIFE at your Adult Center!**

Red Hat Society - "Burbank Beauties"

We are open for new members! Stop by for a visit any **3rd Tuesday of the month** at the Joslyn Center (1:30 pm). On the **2nd Monday**, we meet for dinner at different restaurants. Once a month we plan other outings. There is also an annual picnic and a Christmas lunch. The rest of the time, we fill-in with other Red Hat groups in the valley. Fun, Fun, Fun is the name of the game.

— Carrie Cabunoc Queen Mum

Valley Porcelain Artists' Annual Exhibit & Sale **Saturday, November 7, 10:00 a.m.-2:30 p.m.**

View displays of hand-painted porcelain art, both decorative and functional; modern and traditional portraits and landscapes; jewelry, antiques, and animal and floral paintings. Over 600 square feet of hand painted porcelain for sale at the **Joslyn Adult Center**. Admission is free!

Supporters of Senior Services brings you...



SATURDAY, OCTOBER 17, 2015 6:00-9:00PM

Olive Plaza Apartments

450 E Olive Ave. Burbank, CA 91501



\$40 Donation Buy In

(includes initial gaming chips and refreshments)

Additional chips will be available for purchase

Exchange chips at the end of the night for a chance to win prizes.

Must be 21 and over

RSVP by mailing a check to

Supporters of Senior Services Att: Judy Pike

P.O. Box 6459 Burbank, CA 91510.

Please mail check by October 12th or tickets can be purchased at the door.

(Include phone number on check)

For more information email judypike555@yahoo.com or call 818-238-5375

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